The Junkkarinen Holiday Tribune

December 1999

Our prayer for you this holiday season...

May the joy of the holidays refresh your spirit, touch your heart, settle your soul and prepare you for the triumphs and challenges the year 2000 brings to your life. God bless you all!

Juha gives our Meadowview Rd slope a try.

Juha...the heart of it all

It was supposed to be a quiet Saturday evening at home. Jason was at the movies with a friend, and Barb and Juha were planning a quiet evening together. Juha had spent the day cleaning the garage and fighting acid indigestion...or so we thought. It was August 7th, and at 8pm, Barb called 911. It was a mild heart attack. Thanks to a great cardiologist and an angiogram procedure that revealed a 95% narrowing/ crash ("the" heart attack) in one artery, they were able to place a stent (a wire mesh straw) in that spot and restore complete blood flow. The doctor credits getting to the hospital quickly and the fact that Juha had been taking aspirin regularly for this being a mild attack that left some flow to the bottom part of his heart, and as a result he has NO damage. When the cardiologist came out of the operating room, he told Barb that Juha was not a heart patient, was no longer recovering from a heart attack, but was now recovering from the procedure. He was released from the hospital on Tuesday at noon with virtually no restrictions other than no driving for four days, no heavy lifting, and three weeks of rest at home.

We learned a few things from this experience. The good news is that the rest of Juha's heart is "gorgeous" - no sign of any other blockages, and we also learned that unscheduled time together at home is something every family should do every year for at least a few days. Plan some agenda free time for your family....it's invaluable. Sleep in, watch movies, play games and rediscover what family is all about.

Another year added to the family quilt.....

Once again, the holidays are upon us. It doesn't seem possible that another year has passed by so quickly.

As we prepare for Jason's birthday, Grammy's annual Christmas visit and all the holiday activities nearly upon us, we can't help but note all the traditions we have developed over the years. While each year is unique in some ways, there is a thread of consistency that weaves them all together. It's a strong thread that holds us tight and anchors us in the bad times, but stretches and allows each of us to pursue our own interests and experience our own experiences as we go about our regular days. It's a thread that let's us know that we are part of a greater whole no matter where we are or what we are doing. We are very blessed, and that thread has been both bungee cord and lifeline this year. We hope you enjoy this first issue of our family "tribune".

Stuff'n such...

Last August's scuttled vacation has been rescheduled for Spring break.Not being able to make the trip and visit with his mom, who has Alzheimer's, was the hardest part of the whole heart attack thing for Juha.

Barb's Uncle Jack is recovering well from treatment for an aggressive form of prostate cancer. Thanks to a JFK friend of Barb's, he was put in touch with a reknowned physician doing a procedure not readily available in all areas. Barb's JFK assassination activities have paid off in valuable contacts like this more than once. Apparently obsession has its perks!Thanks to all of you who were praying for Jack this past year.

Barb's mom, Grace, turns 76 on December 8th. She's doing well, enjoys watching golf, and arrives for her annual holiday visit on Decmber 18th. She has two favorite pastimes while visiting ..standing in front of a fireplace and playing computer games!

And on December 20th, our "baby" turns 13! He is such a great kid, Happy Birthday, Jason!

Jason ... a teenager as of December 20, 1999...yikes!

Look out world, I'm about to be a teenager. My mom and dad say they can't figure out how it happened so quickly, but it seems like it's taken forever to me. This year I had lots of fun and did lots of things. The most fun things I've done this year are when we went camping and to KOA. We met there with the Cruz's and the Houghs. It was so much fun, at KOA we went to the bay. Dan, Danny, and I built a raft out of driftwood. In school I did pretty well, I stayed on High Honor all year. Although at the end I just barely made it. I've decided to do swim team instead of basketball this year, I don't play the piano often enough, and I don't think I get enough time on the computer. I hate homework, but love science and am in an accelerated pre-algebra class that's fun.

Spring '99.....the blue & gold guy in the sea of red.

I've just gotten registered for Space Academy next summer. I leave June 25th. Can't wait!

From the hausfrau...

I still want to know when I get to watch soap operas, eat bon-bons and smash beer cans on my head! The days seem to fly by, and I often feel like I am chasing the train of life down the tracks, but I am enjoying the adventure. In addition to general domestic goddess duties, keeping up with Jason's activities and the school carpool rut, I continue to keep my toe in the door at the hospital lab putting out their quarterly newsletter. In addition, my home based (and intended to be very part time) desktop publishing company, *The Write Stuff*, took off well this year and I have had an assortment of interesting projects and garnered some steady customers. I also continue to be active in the JFK assassination research community, have had a couple of articles published and received mention in other people's work as well. I just returned from a conference in Dallas where I did a presentation/exhibit on one facet of the medical evidence. My back continues to be a constant source of aggravation, but thanks to a great doctor and a fantastic physical therapist, it's manageable. Has to be...I don't have time for it not to be!

Juha...on the lighter side

I've gone undercover as Vido the Vintner. We harvested a pretty good first year crop of grapes this fall, and I set about making pinot noir. Tastes pretty good, if I do say so myself. It's been bottled and is now aging. In my spare time, I'm still an engineer at ADC and as always, am very busy there. I haven't had to travel as much this year...travel was lighter even before I scared the beejeebies out of them with the heart attack. My garden, a couple of camping trips and getting the boat out to the bay for fishing and crabbing have been my favorite things this year. I count my blessings more often these days, and I have many.

Merry Christmas and best wishes for a blessed and bright New Year with love from Juha, Barb & Jason